



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“The capacity to care is the thing that gives life its deepest significance and meaning.” Pablo Casals, Cellist

Caregiver Tip:

“Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. It’s important to acknowledge and accept what you’re feeling, both good and bad. Don’t beat yourself up over your doubts and misgivings. These feelings don’t mean that you don’t love your family member—they simply mean you’re human” (Smith & Segal, 2012).

Smith, M. & Segal, J. (2012) Caregiving Support and Help: Tips for Making Family Caregiving Easier.

Get more information at http://www.helpguide.org/elder/caring_for_caregivers.htm

Caregiver Support Group
Wednesday, August 1, 2012
4 p.m. - 5:30 p.m.
Alexandria Adult Day Services Center

Resources:

Website: www.alzheimers.gov

The government's free information resource about Alzheimer's disease and related dementias. Here you can find links to authoritative, up-to-date information from agencies and organizations with expertise in these areas.

Webinar: How to Balance Work and At-Home Care– August 15, 2012, 1pm

Balancing work and in-home care can be challenging, but this webinar will offer invaluable advice for anyone caring for an older adult, be it a parent, other relative or friend. The information presented will offer tools to use in caregiving, at work, and for yourself in order to help you find balance in your life.

Register at www.asaging.org/August-15-2012

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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